

# Healthier Montana Menu Challenge

## Ala Carte Foods Work Sheet

Please complete the following table for all a la carte food and/or vended food items sold in your school. Please submit a Nutrition Facts Label and an ingredient list for each item listed with this work sheet. Refer to the information on the A la Carte Foods Criteria Sheet (Table 3) for instructions on how to calculate the percentage of calories from fat and sugar. *(Make additional copies of this form as needed.)*

<b>A la Carte Food Item</b>	<b>Portion Size</b>	<b>Calories</b>	<b>% Calories from Total Fat</b>	<b>% Calories from Saturated Fat</b>	<b>% Sugar by Weight</b>

**Please attach a photocopy of each product's Nutrition Facts Label and ingredient list.**